



Missouri Department of
MENTAL HEALTH
Division of Behavioral Health



Department of Mental Health Services & Resources

Rachel Jones, LPC
Manager of Trauma Informed Treatment



COVID19 Impact

- Disrupted daily life worldwide
- Ongoing public health event
- Invisible disease
- Information changes rapidly and is overwhelming
- Tremendous loss of lives, jobs, human touch, and spontaneity
- Increased isolation
- School, work, worship now virtual
- Product scarcity
- Increased stress and anxiety for all

Youth Mental Health Needs - COVID

School's Previous
Tier 2&3 Youth

Youth with
Indicators of
Mental Health
Symptoms

Youth Unknown
by School as
Having Mental
Health
Symptoms

Youth Mental Health Needs - COVID

- Depression, Hopelessness, Lack of Motivation
- Fear about their future and their family's future
- Traumatic Stress (hiding in building, crawling under tables, rocking, urinating/defecating, sexual acting out behaviors)
- Regression to earlier behaviors
- Anxiety, Panic Attacks, Picking, Pulling Hair, Head Banging
- Grief, Loss, Sadness, Mourning
- Irritable outbursts that are frequent, disruptive, intense
- Inability to focus and concentrate
- Suicidal, Self-Harm
- Alcohol/Drug Use
- Elopement from School & Home
- Bullying, CyberCrime
- Sexual Promiscuity, Sex Trafficking

Youth & Family Mental Health Problems

Youth and families with pre-existing problems may experience worsened symptoms since COVID school closure influenced by problems including:

- Medication lapses which cause symptoms to worsen
- Hospitalizations for behaviors related to mental health crisis, self-harm or harm to others
- Witness and/or victim of ongoing trauma during COVID
- Suicidal thoughts, statements, attempts

Youth & Family Mental Health Problems

Youth and families with pre-existing problems may experience worsened symptoms since COVID school closure influenced by problems including:

- Alcohol or drug use, including prescription drugs
- Family member overdose, death, illness
- Family relocation, others moving into family home
- Family economic hardship, job loss, property loss, etc.

Youth & Family Mental Health Problems

Consider assertive outreach to youth and families in the following categories:

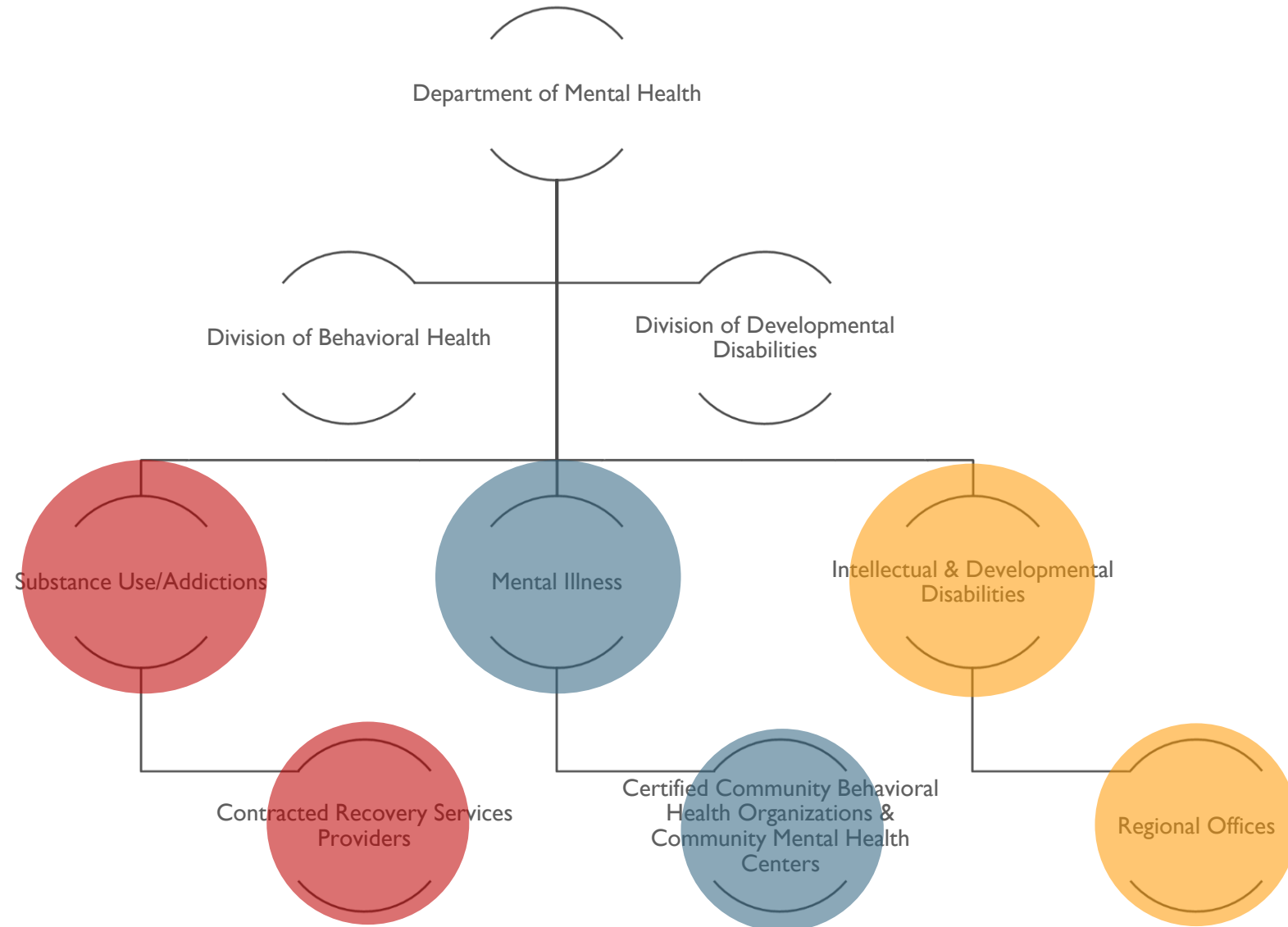
- Diagnosed with a mental health, addiction or intellectual disability
- History of prescribed medications or therapy and/or school nurse administered medications
- School has knowledge of previous Child Abuse/Neglect Hotline Reports placed on family system

Youth & Family Mental Health Problems

Consider assertive outreach to youth and families in the following categories:

- School has knowledge of caregiver mental health, physical health condition, addiction or intellectual disability
- Youth who were scheduled for IEP testing pre-COVID
- Youth with history of suspension, absences, etc.
- Youth categorized as homeless

Missouri Department of Mental Health



Missouri Department of Mental Health

Substance
Use/
Addictions

Alcohol & Drug Use

- Treatment Services
- Prevention Services
- Gambling


Mental Illness

Mental Illness

- Access Crisis Intervention
- Community Mental Health Liaisons
- Assertive Community Treatment (ACT)
- Olmstead
- Outpatient Community-Based Services
- Targeted Case Management
- Day Treatment/Partial Hospitalization
- Residential Care/Community Placement
- Inpatient (hospitalization)
- Respite
- Treatment Family Homes Program
- Community Psychiatric Rehabilitation (CPR)


Developmental
Disabilities

Developmental Disabilities




- Autism Services
- Employment Services
- First Steps
- Home & Community Based Waivers
- MO ABLE 
- Self Directed Services


Missouri Department of Mental Health

Mental
Illness

**Missouri Department of
MENTAL HEALTH**

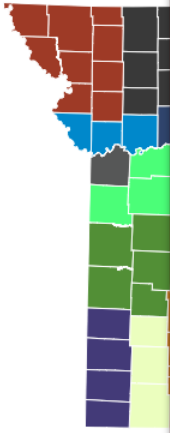
MO.gov Governor Parson Find an Agency Online Services

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Crisis Assistance  Alcohol and Drug Use Mental Illness Developmental Disabilities Programs

Community Mental Health Centers


Mental Health services for the Division of Behavioral Health and Comprehensive Psychiatric Services, are accessible in all 114 counties of the state. Community Mental Health Centers are located in each county. These agencies determine a person's eligibility for services. A list of Community Mental Health Centers is given below. To locate the nearest center, click on the county name on the map.



Region 13

North Central MO Mental Health Center 

1601 East 28th
Box 30
Trenton, Missouri 64683
660/359-4487
660/359-4129 (Fax)
Counties Served: Caldwell, Daviess, Grundy, Harrison, Linn, Livingston, Mercer, Putnam, Sullivan

Affiliated Center (#13)
Preferred Family Healthcare, Inc. 

1628 Oklahoma Avenue
Trenton, Missouri 64683
660/359-4600
660/359-4286 (Fax)
Counties Served: Caldwell, Daviess, Grundy, Harrison, Linn, Livingston, Mercer, Putnam, Sullivan

County:

(NGRI)
Court-Ordered Admission Service Areas Map
(IST)

Missouri Department of Mental Health

Developmental
Disabilities

Information for Individuals,
Families and Guardians

Popular Sections

Administration

Community Support

Regional offices provide eligibility
compliance ensuring that individuals

Albany Satellite Office

809 N. 13th St.
Albany, MO 64402
660-726-5246

Central Missouri Regional Office

900 W. Nifong Blvd., Ste. 200
Columbia, MO 65203
573-441-6278
Fax: 573-884-4294

Hannibal Satellite Office

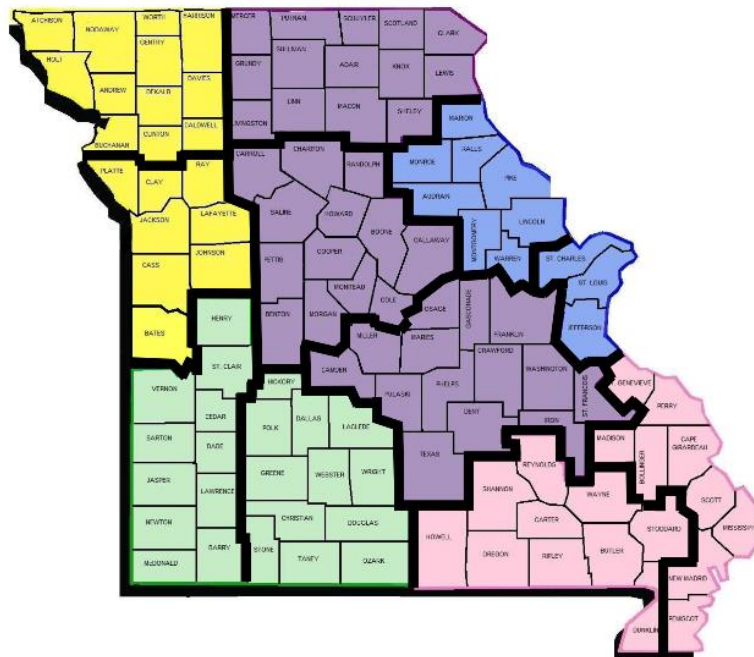
805 Clinic Rd.
Hannibal, MO 63401
573-248-2400
Fax: 573-248-2408

Joplin Satellite Office

3600 E. Newman Rd.
Joplin, MO 64802
417-629-3020
Fax: 417-629-3026

Regional Office Map

Map of Regional Offices



For Regional Information Select a
County

County:

- Select County -

Central Missouri Regional Office, Kirksville
Satellite Office, Rolla Satellite Office

Kansas City Regional Office, Albany Satellite
Office

St. Louis Regional Office, Hannibal Satellite
Office, St. Louis Regional Tri-County Office

Sikeston Regional Office, Poplar Bluff
Satellite Office

Developmental Disabilities

About Us

Director's Office

Email Blasts

Manuals, Publications, Reports and Forms

Related Links

Technology First

Webinars



Get Email Updates



Stories from the Field

Frontline Heroes

Missouri Crisis Counseling Program (CCP)



“Show Me Hope”

- Supports emotional needs of all Missourians
- Free resources funded by FEMA
- All services are virtual and follow best practices of pandemic/disaster response
- Local counselors deliver information/education on:
 - stress management and coping techniques
 - problem solving skills and connection to community services/resources
 - building resilience now and for the future
- A few Missourians may need professional services beyond the CCP and will be connected to those local resources

Missouri Crisis Counseling Program (CCP)

“Show Me Hope”



The logo for the Missouri Department of Mental Health, featuring a stylized triangle in blue, red, and yellow.

Missouri Department of
MENTAL HEALTH

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Crisis Assistance ▾ Alcohol and Drug Use Mental Illness Developmental Disabilities Programs

Community Mental Health Centers

Mental Health services for the Division of Behavioral Health (DBH), formerly the Divisions of Alcohol and Drug Abuse and Comprehensive Psychiatric Services, are accessed through 25 service areas, with each service area serving particular counties of the state. Community Mental Health Centers and/or Affiliates are responsible for providing these services. These agencies determine a person's eligibility for services and provide those services. A listing of the Community Mental Health Centers is given below. To locate the region your county is in, click on your county from the list below.

County:

Mental Illness

- About Us
- How & Where to Get Help
- State Operated Facilities
- Programs & Services
- Prevention Initiatives
- Provider Bulletin Board
- Regulation Drafts
- State Advisory Council
- Eating Disorders Council
- Suicide Prevention Initiatives
- Helpful Links
- Mental Illness Facts
- MO Behavioral Health Epidemiology Workgroup
- Behavioral Health Data Tool
- Organization & Personnel
- Block Grant
- Civil Involuntary Detention

Court Service Area Maps

- Court Evaluation Service Areas Map
- Court-Ordered Admission Service Areas Map (NGRI)
- Court-Ordered Admission Service Areas Map (IST)

Connect With MO Show Me Hope!

SHOW-ME HOPE Disaster Distress Helpline Free confidential services available 24/7
Phone: **800/985-5990** Text: **"TalkWithUs"** to **66746**

www.MOShowMeHope.org



@MOShowMeHope



Missouri Show Me Hope Crisis Counseling Program
May 29 at 9:50 AM · 🌐

DMH CARES Show-Me Hope Tuesdays 3:30-4:pm.

Self-care seminars free via WebEx; registration required. Open to everyone

Free, Virtual Trainings by DMH

https://stateofmo.webex.com/mw3300/mywebex/default.do?siteurl=stateofmo&service=6 stateofmo.webex.com

MO OA ITSD Office of Admin ... MO OA ITSD Office of Admin ... MO OA ITSD Office of Admin ...

MO.gov
Official Missouri State Website

Home Webex Meetings **Webex Events** Webex Support Webex Training My Webex Modern View **NEW** mzon1r

New User Reference

▼ Attend an Event

- List of Events
- Unlisted Events
- Search

▼ Host an Event

- Schedule an Event
- Site Events
- Email Templates
- Registration
- Questions
- Survey Questions
- My Event
- Recordings

Events by Program

[View Events by Date](#) | [View Event Recordings](#)

English : Chicago Time

☐ Show past events ☐ Show only events that require registration

Date & Time	Topic	Panelist
▼ DESE Administrators Conference		
59th Annual Cooperative Conference for School Administrators		
Aug 3, 2020 1:00 pm	Annual Cooperative Conference for School Administrators	Not Started
▼ DMH CARES		
DMH CARES (Communicating and Reaching Employees Supportively) is a live, interactive webinar on Thursdays from 3:30-4:00pm. DMH Employees are encouraged to attend to learn COVID-19 updates, hear from leadership, learn self-care and team-care tips, and share your own tips and resources. Please join us and use the chat feature to interact with our DMH employees across the state!		
Hosted by: Rachel Jones, LPC - Manager of Trauma Informed Treatment		
Jul 9, 2020 3:30 pm	DMH CARES (Communicating and Reaching Employees Supportively)	Register
Jul 30, 2020 3:30 pm	DMH CARES	Register
Aug 6, 2020 3:30 pm	DMH CARES	Register

▼ [Trauma Informed Schools Training by DMH](#)

Two-part training for Missouri **school districts** on trauma informed schools, understanding the DMH system and return to learn in a COVID19 era.

Jul 27, 2020 9:00 am [Trauma Informed Schools Training - Session 1](#) [Register](#)

Aug 10, 2020 9:00 am [Trauma Informed Schools Training - Session 2](#) [Register](#)

MyResources Downloads

▼ [Trauma Informed Care - DMH Regional Offices](#)

Trauma Informed Care four-part training series offered to DMH Regional Office employees and their community providers.



MISSOURI SCHOOL BOARDS' ASSOCIATION'S
CENTER FOR EDUCATION SAFETY

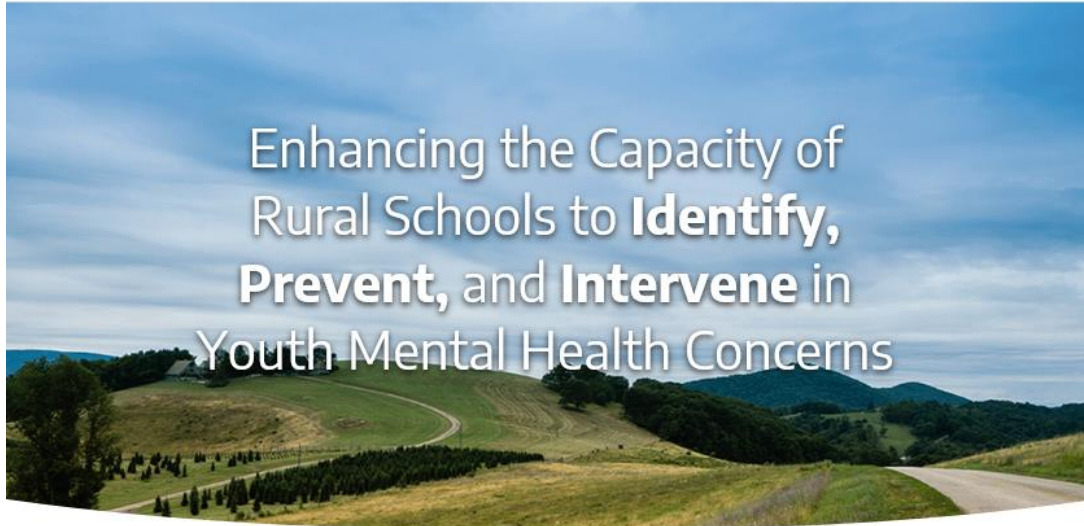
PANDEMIC
RECOVERY
CONSIDERATIONS:
Re-Entry and Reopening
of Schools



Guidance for:

- Governance
- Communication
- Physical Plant
- Nurse/Health Personnel
- Academic
- Social & Emotional Health
- Fiscal
- Human Resources

National Center for Rural School Mental Health



- Internet Access
- Childcare Networks
- Online Rules & Expectations
- Managing Problem Behavior & Self-Regulation
- Establishing Routines & Schedules
- Online Attendance & Connection
- Mental Health Support

Collaboration for Academic, Social and Emotional Learning (CASEL)



SUBSCRIBE: BE AN SEL CHAMPION

CASEL CARES: COVID-19

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CASEL CARES INITIATIVE
Connecting the SEL Community

**“When physical distancing is deemed necessary,
social and emotional connectedness
is even more critical.”**

READ MORE

from CASEL President & CEO, Karen Niemi



RESOURCES + GUIDANCE
on SEL

CASEL continues to curate **free SEL resources** related to COVID-19 and school closures, designed to support educators, parents, and anyone who works with children.

[LEARN MORE](#)

WEEKLY WEBINARS
on SEL

CASEL offers a **free, weekly webinar series** every Friday, featuring experts on a variety of key topics recommended by our network.

[REGISTER TODAY](#)



Missouri Department of
MENTAL HEALTH
Division of Behavioral Health



www.dmh.mo.gov/trauma

@MentalHealthMO #MOTraumaInformed

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